

Hannaford Low Prices you can count on!

Family Pack
80% Lean Ground Beef or
Hannaford USDA Choice Beef
Boneless Shoulder Roast

249 lb.
SAVE UP TO \$2.20 PER LB.



Hannaford
Drumsticks, Thighs, Whole Chickens or
Split Chicken Breast

89¢ lb.
SAVE UP TO 60¢ PER LB.



Four-Star Best Aquaculture Practice
**Local Gulf of Maine
All Natural Atlantic Salmon**

599 lb.
SAVE \$6 PER LB.



Regionally Grown - U.S. #1
Select Varieties
Tote Apples

79¢ lb.
SAVE 20¢ PER LB.



Hannaford All Natural
Boneless Center
Cut Pork Chops \$1.99 or
Half Boneless Pork Loin

169 lb.
SAVE UP TO 30¢ PER LB.



Taste of Inspirations
**Off-the-Bone
Hickory Smoked Ham**

649 lb.
SAVE \$2 PER LB.



Hannaford
White or Yellow
American Cheese

399 lb.
SAVE \$1.50 PER LB.



2 Lb. Pkg. Hannaford
Baby-Cut Carrots or
5 Lb. Bag - U.S. #1
**Hannaford
Maine White Potatoes**

199 EA.
SAVE UP TO \$1.50 EA.



Trick or Treat
**Red or Green
Seedless Grapes**

149 lb.
SAVE \$1.20 PER LB.



Save Now!

Prices effective Oct 25 - Oct 31, 2020
SUN MON TUE WED THU FRI SAT
25 26 27 28 29 30 31

8.6-17.5 Oz.
Select Varieties
Brittle Mix or
**Betty Crocker
Cookie Mix**

169
SAVE 31¢ EA.



16 Oz. - All Varieties
**Ken's
Salad Dressing**

2/\$3
SAVE \$2.58 ON 2



8.76-28.8 Oz.
Select Varieties
**Nabisco
Cookie or Cracker
Tray Packs**

388
SAVE \$1.11 EA.



3.5-9.1 Oz.
Select Varieties
**Nabisco
Snack Crackers**

2/\$4
SAVE \$1.58 ON 2



16-16.5 Oz. - Cookies or Bar
**Nestle
Toll House
Ultimate Chocolate
Chip Lovers**

2/\$5
SAVE 98¢ ON 2



18.3-31.5 Oz.
Select Varieties
DiGiorno Pizza

449
SAVE \$1.50 EA.



15-16 Oz.
Select Varieties
**Taste of
Inspirations
Salsa**

279
SAVE \$1.20 EA.



9.25-11.25 Oz.
Select Varieties
**Doritos
Tortilla Chips**

2/\$4
SAVE \$1.98 ON 2



8 Oz. Bottles
**12-Pack
Nature's
Promise
Spring Water**

179
SAVE 70¢ EA.



12 Oz.
Bottles or Cans
Select Varieties
**12-Pack
Shipyard**

1399
SAVE \$2 EA.



Plus Deposit Where Applicable

Plus Deposit Where Applicable

Stay healthy for your family, friends and neighbors. Get immunized against the flu.





Always My Baby Infant Formula.

Always My Baby™ Infant Formulas are non-GMO milk-based powders with iron and provide the same high-quality nutrients as leading national brands at a lower price. Available in Regular, Advantage, Gentle and Sensitivity.

Always My Baby. High-quality products that meet all your baby's needs. Our Brands. Trust the Quality. Love the Save.



the freshest meats & poultry

10 Lbs. or Larger - Always Tender and Juicy, All Natural and Gluten Free
Frozen Butterball Turkey

139 lb.

SAVE
10¢
PER LB.

- Raised without hormones
- American Humane Certified

Hannaford USDA Choice Boneless Beef Cube Steak, Stew Beef or
Family Pack 85% Lean Ground Beef

399 lb.

SAVE
\$2
UP TO
PER LB.

Hannaford
USDA Choice Beef
Boneless Sirloin Tips

599 lb.

SAVE
\$3
PER LB.

Grade A
Shady Brook Farms - Frozen
Whole Turkey Breast

89¢ lb.

SAVE
90¢
PER LB.

20.8 Oz. Pkg.
Shady Brook Farms
85% Lean
Ground Turkey

299

SAVE
\$1
EA.

31 Oz. Pkg.
Select Varieties
Tyson Chicken
Instant Pot Meal Kit

899

SAVE
\$2
EA.

organic & natural

8 Oz. Pkg.
**Nature's Promise
Organic Plant
Based Burger**

399

SAVE
\$1
EA.

Hannaford
Grass Fed
Chuck Roast

649 lb.

SAVE
\$1
PER LB.

27.2 Oz. Pkg.
Prairie Fresh Prime
**Cook In Bag
Pork Loin Filet**

699

SAVE
\$1.50
EA.

sustainable seafood

Local Gulf of Maine
**Golden Fried Oven
Ready Breaded
Haddock**

599 lb.

SAVE
\$1
PER LB.

Garlic Herb Encrusted Cod,
Parmesan Peppercorn or
Mediterranean
**Encrusted Gulf of
Maine Haddock**

599 lb.

SAVE
\$1
PER LB.

fall favorites

5.35 Oz. Pkg.
**Jimmy Dean
Simple
Scrambles**

2/\$5

SAVE
98¢
ON 2

9.6 Oz. Pkg.
Select Varieties
**Jimmy Dean
Fully Cooked
Sausage**

2/\$6

SAVE
\$2.98
ON 2

14-15 Oz. Pkg.
Select Varieties
**Ball Park
Beef Franks**

2/\$6

SAVE
\$1.98
ON 2

12-14 Oz. Pkg.
Select Varieties
**Hillshire Farm
Rope Sausage**

2/\$6

SAVE
\$1.38
ON 2

sustainable seafood

Peruvian 40-80 Ct.
Dry Bay Scallops

799 lb.

SAVE
\$2
PER LB.

26/30 Ct.
Hannaford
**Large Cooked
Cocktail Shrimp**

899 lb.

SAVE
\$2
PER LB.

12 Oz.
**Nature's Promise
51/60 Tail On Raw
Peeled n Deveined
Shrimp**

499

SAVE
\$1
EA.

20 Oz. - Shrimp Fried Rice,
Garlic Shrimp Rotini or
**Scott & Jon's
Shrimp Alfredo
with Penne**

599

SAVE
\$2
EA.

Each
**Hand Breaded
Coconut Shrimp**

39¢

SAVE
10¢
EA.

we love
local



FEEDING THE FUTURE: A FISH TALE.

Founder Trevor Kenkel innovates at **Springworks** in Lisbon, Maine. His aquaponic greenhouse combines aquaculture with commercial fish farming to produce 20 times more per acre than a traditional farm. That's 1 million heads of fresh, nutritious and tasty lettuce per year.

No chemicals, fertilizers or insecticides • Certified Organic • Uses 90% less water

the freshest fruits & veggies

Sweet, Nutritious - 6 Oz. Pkg.
Raspberries or
Pint Blueberries

2/\$5



**SAVE
\$4.98
ON 2**

Nutritious, Tender
**Spaghetti
Squash**

79¢^{lb.}



**SAVE
70¢
PER LB.**

Greenhouse Grown
**Seedless
Cucumbers**

99¢



**SAVE
50¢
EA.**

4 Lb. Bag
**Hannaford
Navel Oranges**

4.99



**SAVE
\$1
EA.**

4 Ct. Bag
Naturally Good Fats and
Cholesterol Free
Bagged Avocados

2.99



**SAVE
50¢
EA.**

2 Lb. Bag - U.S. #1
**Nature's Promise
Organic Gala or
Granny Smith Apples**

2.99



**SAVE
\$1
EA.**

In-Store Produced
**Hannaford
Berry Medley**

3.99^{lb.}



**SAVE
\$1
PER LB.**

10 Oz. Pkg.
**Hannaford Celery
Hearts**

1.99



**SAVE
50¢
EA.**

3 Oz. - Springworks Farm
**Organic
Bibb Lettuce**

2.49



**SAVE
50¢
EA.**

6-11 Oz. Pkg.
Select Varieties
**Fresh Express
Salad Blends**

2/\$5



**SAVE
\$1.58
ON 2**

6.25-7.75 Oz. Pkg.
Chef Salad, Fiesta Salad or
**Hannaford
Caesar Salad
with Chicken**

2/\$6



**SAVE
\$1.98
ON 2**

Healthy Halloween

Regionally Grown - U.S. #1
Select Varieties
Tote Apples

79¢^{lb.}



**SAVE
20¢
PER LB.**

Trick or Treat
**Red or Green
Seedless Grapes**

1.49^{lb.}



**SAVE
\$1.20
PER LB.**

1 Lb. Pkg. - Sweet
**Hannaford
Baby-Cut Carrots**

99¢



**SAVE
50¢
EA.**

16 Oz. Pkg.
**Hannaford
Rainbow Peppers**

3.99



**SAVE
\$1
EA.**

24 Oz. Pkg. - Sunset
**Angel Sweet
or Wild Wonder
Tomatoes**

4.99



**SAVE
\$1
EA.**

128 Oz. Pkg.
Select Varieties, Featuring
**Nature's Promise
Apple Cider**

4.99



**SAVE
\$1
EA.**

Plus Deposit Where Applicable

Be safe. Stay healthy.
Get your flu shot.



delicatessen

1 lb. meat & 1/2 lb. cheese combo
deli-deal of the week

24 Oz. - Taste of Inspirations
**All Natural Turkey &
Great Lakes Swiss
Cheese**

8.50



No Antibiotics, Growth
Hormones, Nitrates or
Nitrites Ever!

**Nature's Promise
Roast Beef**

10.99 lb.



Galbani
**Mozzarella or
Provolone Cheese**

4.49 lb.



11.2 Oz. - All Varieties
**Tumaro's
Low-In-Carb
Wraps**

2.99



28 Oz.
**Rojo's
Classic
5 Layer Dip**

7.99



16 Oz. - All Varieties
**Jack's Special
Garden Fresh Salsa**

4.19



10 Oz. - All Varieties
**Taste of Inspirations
Hummus**

2.99



fine cheeses

5-6 Oz. - All Varieties
**Athenos
Feta Crumbles**

3.99



7 Oz.
**Switchback
Karsten
Lager Cheese**

6.99



Taste of Inspirations
**Smoked
Gouda Cheese**

11.99 lb.



6-6.5 Oz. - Select Varieties
**Alouette
Spreadable
Cheese**

4.99



fresh from our kitchen

Ditch the drive-thru and join us in the kitchen
for a little home-away-from-home cooking.

41.5 Oz.
**Hannaford Deli Style
Six Cheese Pizza**

8.49



Taste of Inspirations
**Buffalo Chicken
Pasta Salad**

5.99 lb.



14 Oz. - Made In Store!
**Fresh Yellow Corn
Tortilla Chips**

3.49



11.55-21.5 Oz.
**Hannaford
Entrées**

6.99



9 Oz. - All Varieties
**Taste of Inspirations
Filled Pasta**

3.49



16 Oz.
Select Varieties
Panera Soups

5.49



7.5-9 Oz. - Pesto Caprese, Rotisserie Chicken Salad or
**Taste of Inspirations
Chicken Club
& Bacon Sandwich**

6.99



Stay healthy for your family,
friends and neighbors.
Get immunized against the flu.



**Flu shots are now available at
all Hannaford Pharmacies.**

Immunization availability and age requirements vary by state.
See your Hannaford Pharmacist for details.

bakery

16 Oz.
Fresh From OUR Ovens
**All Natural
Parisien Bread**
2.49



7.05-10.5 Oz.
Excluding Rounds
**Stonefire
Tandoori Naan**
3.29



18 Oz. - 24 Ct.
Sugar, Candy or
**Take & Bake
Chocolate Chip
Cookies**
3.99



13-15.5 Oz.
Excluding Gourmet
7-Pack Cupcakes
4.99



Fresh From OUR Ovens
12 Oz. - 10 Per Pkg.
**Petite Cinnamon
Buns**
3.29



5 Oz.
**Mini Caramel
Apple Bomb**
3.99



packaged meats

3 Oz. Pkg.
Fully Cooked - Uncured
**Al Fresco Original
Chicken Bacon**
3.99



12 Oz. Pkg
Select Varieties
**Aidells Fully
Cooked Sausage**
4.79



8-12 Oz. Pkg. - Select Varieties
**Oscar Mayer
Lunchables
Fun Pack**
2/\$5



14 Oz. Pkg.
**Nature's Promise
Pulled Pork or Chicken
with BBQ Sauce**
5.99



frozen

WOW!
for
weeks

22-26 Oz. - Select Varieties
**Perdue
Fully Cooked Chicken**
6.49



13.9-24.8 Oz.
Select Varieties
**Totino's
Pizza Rolls**

3.77



13-16 Oz.
Select Varieties
**Birds Eye
Vegetables**

2/\$3



18 Oz.
**Hannaford
Buttermilk Pancakes**

1.99



24-28 Oz.
Select Varieties
**Grown In Idaho
Frozen Potatoes**

2.89



16 Oz.
Select Varieties
**Nature's Promise
Non-Dairy
Frozen Dessert**

4.29



we love
local



SPREAD THE LOVE OF GOOD DAIRY.

Based in Scarborough, Maine, our partners at **Casco Bay Creamery** are on a mission to support small family dairy farms. They believe the best butter and cream cheese come from the freshest milk, produced locally by happy cows and family farms. We agree!

No artificial growth hormones • No preservatives or artificial ingredients

WOW!
for
weeks

14-16 Oz.
Select Varieties
**Pepperidge Farm
Breakfast Swirl
Bread**
2/\$5



24.5-30.6 Oz.
Select Varieties
**Maxwell House
Coffee**
6²⁷



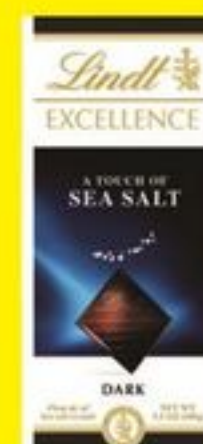
64 Oz.
Select Varieties
**Mott's
Juice**
2¹⁹



16 Oz.
**Hannaford
100% Whole Wheat
Bread**
1⁹⁹



2.8-4.4 Oz.
Select Varieties
**Lindt
Chocolate Bars**
2³⁸



Plus Deposit Where Applicable

real savings every day low prices you can count on - every day, in every aisle!

12 Oz.
Select Varieties
**Lawry's
Marinade**
1⁶⁹



9-12 Oz. Bag or
12 Ct. K-Cups
Select Varieties
**New England
Coffee**
4⁹³



14 Oz.
**Ragú
Pizza Sauce**
1³⁹



48 Oz.
**Crisco
Vegetable Oil**
3¹⁹



64 Oz.
Select Varieties
**Hannaford
100% Juice
Blends**
2⁴⁹



Plus Deposit Where Applicable

10.5-11.5 Oz.
Select Varieties
**Campbell's
Soup**
1⁵⁹



14.5-15.25 Oz.
Corn or Green Beans
**Hannaford
Canned Vegetables**
55¢



20 Oz.
4-Pack
**Bumble Bee
Chunk Light Tuna
in Water**
4⁴⁹



20 Oz.
**Hannaford
Beef Stew**
1⁹⁹



24 Oz.
Plain or
**Progresso
Italian Style Bread
Crumbs**
2⁷⁹



3-Liter
Select Varieties
**Bota Box
Wine**
15⁹⁹



Plus Deposit Where Applicable

750 mL
Select Varieties
**Vranken Brut
Champagne**
29⁹⁹



Plus Deposit Where Applicable

1.5 Liter
Select Varieties
**Barefoot
Cellars Wine**
10⁹⁹



Plus Deposit Where Applicable

12 Oz. Cans
Select Varieties
9-Pack
Downeast Cider
13⁹⁹



Plus Deposit Where Applicable

12 Oz.
Bottles or Cans
Select Varieties
24-Pack
Michelob Ultra
19⁹⁹



Plus Deposit Where Applicable

house & home

24-96 Ct.
Select Varieties
**Chinet
Plates, Bowls, Cups
or Cutlery**
5⁴⁹



2-4 Ct.
Select Varieties
**Hannaford
Sponges**
1⁷⁹



17.6 Oz.
Select Varieties
Febreze Air
4⁹⁹



2-5 Ct.
Select Varieties
**Hannaford
Food Storage
Containers & Lids**
2/\$5



200 Sq. Ft.
**Glad
Cling Wrap**
2⁵⁹



25-45 Ct.
Select Varieties
**Hannaford
Tall Kitchen Bags
or Trash Bags**
6¹⁹



3.5 Lb.
Select Varieties
**Beneful
Dry Dog Food**
5⁹⁹



3 Oz.
Select Varieties
**Fancy Feast
Canned Cat Food**
10/6⁸⁰



WOW! for
weeks

16 Oz.
Select Varieties
**Mrs. Meyer's
Liquid Dish Soap**
3⁷⁹



3 Oz.
Select Varieties
**Rachael Ray Nutrish
Dog Treats**
2⁵⁹





Always My Baby Diapers & Training Pants.

Offering the same high quality as leading national brands, **Always My Baby™ Diapers** and **Training Pants** come in a variety of sizes. Our wetness indicator, absorbent core and breathable cover help ensure that your baby has up to 12 hours of leakproof protection.

Always My Baby. High-quality products that meet all your baby's needs. Our Brands. Trust the Quality. Love the Save.



WOW!
for
weeks

7-8 Oz.
Select Varieties
**Snyder's
Gluten Free
Pretzels**

2⁷⁹



32 Oz.
Select Varieties
**Nature's Promise
Organic Broth**

1⁸³



24 Oz.
Select Varieties
**Mt. Olive
Kosher Pickle
Spears**

1⁷⁹



11.15 Oz. Cans
Select Varieties
**6-Pack San Pellegrino
Sparkling
Beverage**

3⁹⁹



8-8.5 Oz.
Select Varieties
**5-Pack Larabar
Bars**

4⁹⁷



Plus Deposit Where Applicable

real savings every day low prices you can count on - every day, in every aisle!

14-16.6 Oz.
Select Varieties
**Kellogg's
Raisin Bran Cereal**

2/\$5



16.3 Oz.
Select Varieties
**Hannaford
Peanut Butter**

1⁶⁹



10-12 Oz.
Select Varieties
**Hannaford
Baking Morsels**

1⁹⁹



38.3 Oz. - Select Varieties
**Taste of Inspirations
Sparkling Beverage**

2⁹⁹

Plus Deposit Where Applicable



12 Ct. - Select Varieties
**Hannaford
Coffee K-Cups**

3⁹⁹



48 Oz.
Select Varieties
**Hannaford
Broth**

1⁹⁹



1.48 Oz. - Select Varieties
Gerber Puffs or
**Gerber
Graduates
Lil' Crunchies**

1⁷⁹



7.32 Oz.
Select Varieties
**4-Pack
RXBAR
Protein Bar**

6⁴⁹



32 Oz.
**Hannaford
Strawberry
Preserves**

2⁸⁹



20-22 Oz.
Select Varieties
**Hannaford
Bagels**

2/\$6



16 Oz. Bottle
Select Varieties
**Hint
Water**

1¹⁹

Plus Deposit Where Applicable



4 Oz.
**Hannaford
Sour Neon Crawlers**

1⁰⁹



health & beauty

18 Oz.
Select Varieties
**Aveeno
Body Wash**

7⁷⁹



8 Oz.
**Aveeno
Daily Moisturizing
Lotion**

6⁴⁹



5-6.5 Oz. or 50 Ct.
Select Varieties
**Clean & Clear
Face Scrub**

5⁷⁹



8 Oz. - Select Varieties
**Clean & Clear
Facial Cleanser**

5⁶⁹



25 Ct.
Select Varieties
**Neutrogena
Makeup Remover
Towelettes**

5⁹⁹



Halloween Treats

1 Ct.
**Smart Living
Basic Pumpkin
Bucket**

1⁹⁹



11 Oz.
**Brach's
Candy Corn**

1⁵⁹



10/12-12 Oz.
**Tootsie Roll
Pops**

2⁸⁹



14 Oz.
**Smarties
Bag**

2⁹⁹



10-11 Oz. - Select Varieties
**Hershey's
Harvest Candies**

3⁴⁹



19.5-20.1 - Select Varieties
**Hershey's
Snack Size
Candy**

5⁵⁵



3.5 Lb.
**Tootsie Roll
Child's Play Mix**

6⁹⁹



24.8 Oz. - 45 Pieces
**Ferrero
Assorted
Fun Size Candy**

6⁹⁹



WOW! for weeks

Like other supermarkets' sale prices, but ours last for weeks.

28 Oz.
Select Varieties
Powerade

69¢

Plus Deposit Where Applicable



4.5-10 Oz. - Select Varieties
Sun Chips Multigrain Snacks or
Smartfood Popcorn

2/\$5



4-8 Oz.
Select Varieties
Pepperidge Farm Goldfish

3/\$5



52 Oz. - Select Varieties
Fairlife Ultra-Filtered Milk

3.49



7-13.6 Oz. - Keebler Fudge Shoppe Cookies or
Nabisco Chips Ahoy! Cookies

2/\$5



7.5-9.5 Oz. - Select Varieties
Utz Potato or Kettle Chips

2.47



13 Oz. - Select Varieties
4-Pack Snack Pack Pudding or Juicy Gels

99¢



5.3 Oz. - Select Varieties
Low Sugar, Flip or Complete
Chobani Greek Yogurt

5/\$5



14.5-24 Oz. - Select Varieties
Cooking Sauce or
Prego Pasta Sauce

1.87



2-Liter - Select Varieties
Hannaford Soda

84¢

Plus Deposit Where Applicable



16-17.2 Oz. - Select Varieties
4-Pack Dole Fruit Bowls

2.19



23-31 Ct. Pods or
69-128 Oz. Liquid
Select Varieties
Tide Laundry Detergent

8.94



13.5-18.2 Oz. - Select Varieties
General Mills Cinnamon Toast Crunch or Cheerios Cereal

3.49



7.25 Oz.
Kraft Macaroni & Cheese Dinner

97¢



64-110 Ct. - Select Varieties
Scotties Facial Tissues

97¢



24-48 Ct. - Select Varieties
Ziploc Storage or Freezer Bags

4.99



14-16 Oz. - Select Varieties
Frosting or
Duncan Hines Signature Cake Mix

1.25



38.4-42.3 Oz. - Select Varieties
10 or 12-Pack GoGo Squeez Applesauce

5.49



18.6-19 Oz. - Select Varieties
Campbell's Chunky Soup

1.75



15-16 Oz. - Select Varieties
Bush's Chili Beans or Bush's Best Beans

99¢



PLEASE NOTE: We're working 24/7 to keep our shelves stocked during this challenging time, but you may find that some of the items advertised in this circular are not available in your store despite our best efforts. We sincerely apologize for any inconvenience.

Prices and items good only at these locations:
BIDDEFORD • BRIDGTON • BUXTON • FALMOUTH • GORHAM • GRAY • KENNEBUNK • NO. BERWICK • NO. WINDHAM • PORTLAND: Forest Ave. and Riverside St. •
SACO • SANFORD • SCARBOROUGH • SO. PORTLAND: Cottage Rd. and Maine Mall • STANDISH • WATERBORO • WELLS • WESTBROOK • YARMOUTH • YORK

Please visit us online at hannaford.com for store information. Some items not available in all stores.
We reserve the right to limit quantities and correct typographical and photographic errors. Guiding Stars® rating shown may vary by product variety.
Please refer to shelf tag for official rating. Products that contain less than five calories per serving are not rated by Guiding Stars. © 2020 Hannaford Bros. Co.

stay connected with us!
Follow us on Twitter.
Become a fan on Facebook.
Sign up for Hannaford emails.



This holiday season, it's more important than ever to end hunger in our communities. Pick up a \$5 or \$10 donation card on the Hannaford Helps Fight Hunger displays to help stock local food pantries and feed neighbors in need.

**BECAUSE TOGETHER,
WE'RE GREATER
THAN GROCERIES.**

WORCESTER
COUNTY
FOOD
BANK
*Creating a
hunger-free community*

Nicholas
Worcester County Food Bank



helps

Fight Hunger



A LITTLE HELP GOES A LONG WAY.

2020 has been a year of challenges. Now, more than ever, neighbors in our communities need our help - and we're responding. This year, in place of our traditional Helps Fight Hunger boxes, we'll be focusing on cash donations to help every dollar stretch even further - with every penny of every donation going directly to our local food pantries.



\$5 = 50 MEALS* : **\$10 = 100 MEALS***

*Per USDA Meal Equivalent Guidelines



LOOK FOR DONATION
CARDS AND HELP A
NEIGHBOR IN NEED.



\$5 =
50 MEALS
BRING THIS CARD TO THE REGISTER TO DONATE



\$10 =
100 MEALS*
BRING THIS CARD TO THE REGISTER TO DONATE



Help a neighbor in need.

Bring these cards to the register to donate to your local food pantry. 100% of all dollars collected go directly to local food pantries in your community.



helps

Fight Hunger

With your support, Hannaford Helps
Fight Hunger has donated millions of meals to
our local communities since 2007.

THANK YOU!



helps

Fight Hunger

John
New Hampshire Food Bank

PROTEIN & CALCIUM IN A SWEET DISGUISE

Share a nutritious treat you both love



PUMPKIN CHOCOLATE MILK OVERNIGHT OAT RECIPE

MAKES 2 SERVINGS

INGREDIENTS

2 cups real chocolate milk
1 cup old-fashioned rolled oats
1/4 cup chia seeds
1/2 teaspoon kosher salt
1/2 cup roasted, salted pumpkin seeds
or other nuts (optional)
1 tablespoon maple syrup (optional)
1/4 cup chocolate chips (optional)

Pair each serving with:
8-ounce glass of real milk

DIRECTIONS

1. In a large, sealable container (such as a glass jar or plastic container), mix together chocolate milk, oats, chia seeds, salt and pumpkin seeds (if desired).
2. Cover and refrigerate for at least 8 hours and up to 4 days.
3. Taste overnight oats and stir in maple syrup, if desired.
4. Portion into 2 bowls.
5. Top with chocolate chips, if desired.
6. Serve with a glass of milk—chocolate or classic—and enjoy!

Shop Chocolate Milk Now

